

SAN ANTONIO METROPOLITAN HEALTH DISTRICT



332 West Commerce
San Antonio, Texas 78205-2489
PHONE (210) 207-8780 FAX (210) 207-8999

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Dear San Antonio or Bexar County Residents and Visitors:

This document provides our current recommendations for residents and visitors to San Antonio and Bexar County related to the novel H1N1 Influenza ("Swine Flu") pandemic occurring across the U.S. and internationally.

Metro Health, in accordance with guidelines from the State and the U.S. Centers for Disease Control and Prevention (CDC), recommends that you:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, use the inside of your elbow or sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. If hand washing facilities are unavailable, use alcohol-based hand cleaners.
- Avoid touching your eyes, nose or mouth. Germs on your hands can enter your body this way.
- Try to avoid close contact with sick people.
- Get both the seasonal and H1N1 influenza vaccines as soon as possible. Supplies may be limited so call your healthcare provider or clinic to check on availability.

NOTE: the seasonal influenza vaccine does not offer protection against H1N1 or vice versa. Most people can receive both shots at the same time. However, Metro Health recommends you not wait until both are available.

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Diarrhea and vomiting also have been associated with H1N1 flu.

- If you have an influenza-like illness stay home from work or school and limit contact with others to keep from spreading an infection. Most cases of flu, whether seasonal or H1N1, can be cared for at home and do not require a doctor's visit or emergency care.
- If you belong to any of the following categories call your usual healthcare professional or clinic to determine if a visit to the physician is warranted:
 - **Pregnant** women
 - Children younger than 2 years old
 - Adults 65 years and older
 - People with certain chronic medical conditions such as asthma, heart failure, chronic lung disease; and people with a weak immune system such as diabetics and those living with HIV or AIDS
 - People younger than 19 years of age who are receiving long-term aspirin therapy
- If you or a family member has worsening or severe symptoms, medical attention should be sought immediately. Warning signs include:
 - Fast breathing or trouble breathing
 - Persistent fever (100° or higher)
 - Change in skin color
 - Not drinking enough fluids
 - Difficulty urinating or producing tears when crying

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- Severe or persistent vomiting
- Not waking up or not interacting
- Irritability (for children this often means they do not want to be held)
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough

It is important to note that we are **NOT** recommending the closure of schools, businesses or the cancellation of other activities across our community at this time. Any changes to these recommendations will be posted to our website.

If you need more detailed information or to stay current on updated recommendations, please refer to our website www.sanantonio.gov/health/h1n1.html or call our Flu Hotline at (210) 207-5779 between 8:00 a.m. and 4:00 p.m. Monday through Friday.

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San Antonio and Bexar County